

DDAFCO
— CROSS COUNTRY —
UNHUN

2011

"A winner is someone who
sets their goals,
commits themselves
to those goals and then
pursues their goals
with all the ability that is given
to them.

That requires someone who
believes in themselves,
who will make self sacrifices,
work hard,
and maintain the determination
to perform
at the best of their ability."

Leeman Bennett

Nobody's a natural.

You work hard

to get good

and then

work hard

to get better.

Paul Coffey

Mora Fun Run
August 25, 2011
sunny, hot

PINE CITY GIRLS' RESULTS - 3200 m

	<u>1st mile</u>	<u>2nd mile</u>	<u>total time</u>		<u>projected 4000 m</u>
1. Sherry Rike	6:43	7:11	13:54	PB	17:22
2. Megan Miesner	6:55	7:34	14:29	PB	18:06
3. Abby Cummins	7:16	7:34	14:50		18:54
4. Jordan Kotek	7:10	8:05	15:15		19:04
5. Jackie Westeren	7:30	8:07	15:37		19:31
6. Allison Gusk	7:43	8:26	16:09		20:11
7. Brenna Richardson	7:49	8:29	16:18		20:22
8. Mellissa Farrand	8:15	8:30	16:45		20:56
9. Jordan Vaudrin	8:15	8:32	16:47		20:59
10. Indigo Isackson	8:53	10:30	19:23		24:14
11. Greta Foster	7:55	15:06	23:01		28:46
12. Kaylyn Utecht	7:25	15:36	23:01		28:46

#1 runner: Mora - 12:35

Junior High Girls - 1600 m

1. Maddie Martin	8:07
2. Tiffany Schmidt	9:09

#1 runner: Mora - 6:58

PINE CITY BOYS' RESULTS - 3200 m

	<u>1st mile</u>	<u>2nd mile</u>	<u>total time</u>		<u>projected 5000 m</u>
1. Mike Connelly	6:02	5:57	11:59		18:43
2. Russ Westeren	6:17	6:39	12:56	PB	20:12
3. Paul Skalicky	6:22	6:43	13:05	PB	20:26
4. Mitch Ringness	6:32	6:42	13:14		20:40
5. Christian Miche'	6:23	7:02	13:25	PB	20:58
6. Nolan Montague	6:43	6:52	13:35	PB	21:13
7. Tony Pitzen	6:53	7:11	14:04		21:59
8. Joe Wolf	6:50	7:18	14:08	PB	22:05
9. Jonah Spahr	6:54	7:20	14:14		22:14
10. Seth Thornton	6:54	7:22	14:16		22:17
11. Matthew Scott	7:05	8:22	15:27		24:08
12. Anthony Olson	7:37	8:16	15:53		24:49
13. Jared Montague	8:00	8:20	16:20		25:31

#1 runner: Cambridge - 11:03

Junior High Boys - 1600 m

1. Eli Grubbs	6:22
2. Kyle Peters	6:26 PB
3. Nolen Yehlik	6:27 PB
4. Danny Pitzen	6:48
5. Nick Stolp	7:19
6. Sam Saunders	7:33
7. Ryan Blake	7:37

#1 runner: Mora - 6:19

MILACA EARLY BIRD INVITATIONAL CROSS COUNTRY MEET @ Mora

Monday, August 29, 2011

sunny, hot

PINE CITY GIRLS' RESULTS:

4000 m - 105 runners & 101 JV runners

	<u>place</u>	<u>time</u>
1. Sherry Rike	21	17:06.9
2. Abby Cummins	24	17:15.2
3. Allison Gusk	75	19:16.9
4. Jordan Kotek	81	19:31.7
5. Morgan Richardson	23 jv	20:18.2
6. Brenna Richardson	100	21:13.0
7. Jordan Vaudrin	46 jv	21:48.6
8. Melissa Farrand	79 jv	24:54.2
9. Greta Foster	80 jv	24:54.6
10. Indigo Isackson	90 jv	26:15.9

#1 runner: Erica Seidenkranz (12), Monticello - 15:26.9

#1 jv runner: Emily Rapp (9), Rocori - 18:09.9

JUNIOR HIGH GIRLS:

2000 m - 62 runners

1. Maddie Martin	24	09:18.3
2. Tiffany Schmidt	53	11:41.0

#1 runner: Rhianna Rinke (7), North Branch - 8:24.8

PINE CITY BOYS' RESULTS:

5000 m - 95 varsity and 156 JV runners

	<u>place</u>	<u>time</u>
1. Mike Connelly	24	18:55.3
2. Paul Skalicky	76	21:25.3
3. Nolan Montague	78	21:28.4 PB
4. Christian Miche'	83	21:55.4
5. Russ Westeren	91	23:06.1
6. Joe Wolf	64 jv	23:10.3
7. Mitchell Ringness	92	23:11.3
8. Seth Thornton	74 jv	23:37.4
9. Matthew Scott	80 jv	23:45.4
10. Tony Pitzen	94	24:26.4
11. Jonah Spahr	103 jv	24:40.6
12. Anthony Olson	136 jv	26:48.1
13. Jared Montague	140 jv	27:23.9

#1 runner: Luke McKenzie (12), Chisago Lks - 16:32.3

#1 jv runner: Derek Johanson (11), STMA - 19:01.1

JUNIOR HIGH BOYS:

2000 m - 93 runners

1. Eli Grubbs	15	08:05.5
2. Danny Pitzen	26	08:14.4
3. Kyle Peters	39	08:31.2
4. Nolen Yehlik	48	08:42.8
5. Nick Stolp	62	09:21.8
6. Sam Saunders	70	09:48.8
7. Ryan Blake	77	10:01.9

GIRLS' TEAM RESULTS:

1. Monticello	23
2. Albany	105
3. STMA	120
4. Little Falls	127
5. Rocori	161
6. Big Lake	161
7. Mora	176
8. North Branch	189
9. Chisago Lakes	269
10. Hinckely/Fin	279
11. Princeton	283
12. Pine City	283
13. Becker	291
14. Cambridge	338
15. Mille Lacs	403

Braham, Foley,

Inc

Milaca, Rush City

Inc

JV Girls' Results:

1. Monticello - 31,	2. Albany - 71,
3. Little Falls - 89,	4. STMA - 94,
5. Chisago Lakes-140,	6. Big Lake-157
7. Cambridge-180,	8. Mora - 192
9. Pine City - 212	

BOYS' TEAM RESULTS:

1. STMA	51
2. Cambridge	92
3. Albany	107
4. Mora	118
5. Little Falls	149
6. Chisago Lakes	149
7. North St.Paul	152
8. Big Lake	201
9. Princeton	221
10. Rocori	233
11. North Branch	283
12. Pine City	300

Becker, Braham, Foley, Hinckley,

Milaca, Rush City

Inc

JV Boys' results:

1. STMA-27,	2. Cambridge-36,	3. Little Falls-129,
4. Albany-139,	5. Chisago Lks-168,	6. Rocori-186,
7. N. St. Paul-187,	8. Mora-196,	9. N. Branch-202
10. Rush City-266,	11. Becker-289,	12. Pine City-316
13. Big Lake - 359		

JH Team Results:

1. Little Falls	42
2. Rocoro	81
3. Foley	107
4. Rush City	110
5. Albany	120
6. Pine City	124
7. Mora	149
8. Milaca	153

PINE CITY INVITATIONAL CROSS COUNTRY MEET

Thursday, September 8, 2011

very sunny, very hot

PINE CITY GIRLS' RESULTS:

4000 m - 63 runners & 25 JV runners

	<u>place</u>	<u>time</u>
1. Sherry Rike	9	17:33 BTC
2. Abby Cummins	12	17:42 BTC
3. Megan Miesner	1 jv	18:04
4. Morgan Richardson	42	19:49 BTC-BTY
5. Jordan Kotek	47	20:23
6. Jackie Westeren	3 jv	20:29
7. Brenna Richardson	49	20:42 BTY
8. Allison Gusk	53	21:14
9. Jordan Vaudrin	54	21:40 BTY
10. Melissa Farrand	11 jv	21:52 PB

#1 runner: Emma Johnson, Mora - 15:42

#1 jv runner: Megan Miesner, Pine City - 18:04

JUNIOR HIGH GIRLS:

2000 m - 40 runners

1. Maddie Martin	11	9:15 PB
2. Tiffany Schmidt	36	11:58

#1 runner: Mareena Rebich, Hermantown - 8:39

PINE CITY BOYS' RESULTS:

5000 m - 62 varsity and 50 JV runners

	<u>place</u>	<u>time</u>
1. Mike Connelly	34	21:22
2. Paul Skalicky	35	21:26 BTC
3. Russ Westeren	42	21:59 BTY
4. Christian Miche'	43	22:00 BTC
5. Seth Thornton	12 jv	22:08 PB
6. Matthew Scott	19 jv	22:40 PB
7. Nolan Montague	53	22:43
8. Tony Pitzen	24 jv	23:21 PB
9. Joe Wolf	58	23:42 BTC
10. Jonah Spahr	30 jv	24:19 PB
11. Jared Montague	33 jv	24:37 PB
12. Anthony Olson	44 jv	26:43 BTY-BTC

#1 runner: Charlie Lawrence, Foley - 16:42

#1 jv runner: Jon Amundson, North Branch - 20:14

JUNIOR HIGH BOYS:

2000 m - 51 runners

1. Eli Grubbs	9	8:16
2. Kyle Peters	15	8:28 PB
3. Nolen Yehlik	16	8:29 PB
4. Nick Stolp	22	8:49 PB
5. Danny Pitzen	26	9:02
6. Sam Saunders	35	9:36 PB
7. Ryan Blake	37	9:51 PB

#1 runner: Spencer Elwell, Foley - 7:43

GIRLS' TEAM RESULTS:

1. Mora	57
2. Hermantown	65
3. North Branch	70
4. Hinckley/Finlayson	104
5. Braham	127
6. Pine City	139
7. Foley	143
8. Rush City	180
9. Mille Lacs	187
10. East Central	Inc
11. Milaca	Inc
12. Zimmerman	Inc

BOYS' TEAM RESULTS:

1. Mora	35
2. Rush City	67
3. Hermantown	92
4. North Branch	96
5. Hinckley/Finlayson	117
6. Foley	124
7. Pine City	175
8. Zimmerman	200
9. Braham	Inc
10. East Central	Inc
11. Milaca	Inc
12. MLWR	Inc

JV Boys' results:

1. North Branch	34
2. Hermantown	53
3. Mora	60
4. East Central	91
5. Pine City	106

JH Team Results:

1. Rush City	27
2. Braham	28
3. Foley	31
4. North Branch	35
5. Pine City	38
6. Milaca	52
7. Mora	55
8. Hermantown	74

**THE MOST IMPORTANT
KEY TO ACHIEVING
GREAT SUCCESS
IS TO DECIDE UPON YOUR
GOAL
AND LAUNCH,
GET STARTED,
TAKE ACTION,
MOVE.**

JOHN WOODEN

NORTH BRANCH INVITATIONAL CROSS COUNTRY MEET

Thursday, September 15, 2011

beautiful fall day - cool sunny

PINE CITY GIRLS' RESULTS:

4000 m - 26 varsity and 8 JV runners

	<u>place</u>	<u>time</u>	
1. Sherry Rike	2	16:51	BTY-BTC
2. Abby Cummins	4	17:02	BTY
3. Megan Miesner	11	18:10	
4. Jordan Kotek	12	18:17	BTY
5. Allison Gusk	1 jv	18:34	BTY
6. Morgan Richardson	15	18:46	PB
7. Brenna Richardson	16	19:03	PB (tie)
8. Kaylyn Utecht	3 jv	19:23	PB
9. Melissa Farrand	4 jv	19:43	PB
10. Jordan Vaudrin	5 jv	19:51	BTY
11. Jackie Westeren	17	19:52	BTY
12. Indigo Isackson	7 jv	22:57	PB

#1 runner: Megan Zimmerman, North Branch - 16:49

#1 jv runner: Allison Gusk, Pine City - 18:34

JUNIOR HIGH GIRLS: 2000 m - 15 runners

1. Maddie Martin	4	9:09	PB
2. Tiffany Schmidt	12	11:29	BTY
3. Kim Whaley	14	11:57	

#1 runner: Rhianna Rinke, North Branch - 8:34

PINE CITY BOYS' RESULTS:

5000 m - 28 varsity and 21 JV runners

	<u>place</u>	<u>time</u>	
1. Mike Connelly	5	18:44	PB
2. Christian Miche'	15	20:03	BTY-BTC
3. Russ Westeren	19	20:25	BTY-BTC
4. Paul Skalicky	21	20:58	BTY-BTC
5. Nolan Montague	23	21:10	PB
6. Seth Thornton	26	21:40	PB
7. Matthew Scott	27	21:41	PB
8. Tony Pitzen	9 jv	21:47	PB
9. Jonah Spahr	12 jv	22:05	PB
10. Joe Wolf	15 jv	22:19	PB
11. Jared Montague	16 jv	22:38	PB
12. Anthony Olson	19 jv	24:43	PB

#1 runner: Dan Taylor, North Branch - 17:31

#1 jv runner: Alex Fitcha, North Branch - 20:08

JUNIOR HIGH BOYS: 2000 m - 20 runners

1. Eli Grubbs	4	7:56	PB
2. Kyle Peters	9	8:25	PB
3. Danny Pitzen	10	8:33	
4. Nick Stolp	14	8:49	PB
5. Nolen Yehlik	16	9:03	
6. Sam Saunders	18	9:11	PB
7. Ryan Blake	19	9:50	PB

#1 runner: Lincoln Fuhs, Rush City - 7:52

GIRLS' TEAM RESULTS:

1. North Branch	38
2. Pine City	44
3. Rush City	71
East Central	Inc
MLWR	Inc

JV Girls' Results:

1. Pine City	20
East Central	Inc
North Branch	Inc

BOYS' TEAM RESULTS:

1. Rush City	30
2. North Branch	43
3. Pine City	83
4. East Central	84
MLWR	Inc

JV Boys' results:

1. North Branch	17
2. Rush City	48
3. Pine City	71
East Central	Inc

JH Team Results:

1. Rush City	28
2. Pine City	53
North Branch	Inc
East Central	Inc

***"Anything
is possible,
but you have to
believe
and you have to
fight."***

Lance Armstrong

BECKER INVITATIONAL CROSS COUNTRY MEET

Tuesday, October 4, 2011

warm, sunny, breezy

PINE CITY GIRLS' RESULTS:

4000 m - 40 varsity and 27 JV runners

	<u>place</u>	<u>time</u>	
1. Sherry Rike	6	16:53.0	BTC
2. Abby Cummins	7	16:53.4	BTY
3. Megan Miesner	18	17:50.3	BTY
4. Brenna Richardson	25	18:35.8	PB
5. Jackie Westernen	2 jv	18:42.8	BTY
6. Jordan Vaudrin	3 jv	18:46.4	PB
7. Jordan Kotek	33	18:58.6	
8. Allison Gusk	34	18:59.2	
9. Morgan Richardson	36	19:16.5	
10. Melissa Farrand	12 jv	20:40.7	
11. Indigo Isackson	21 jv	23:18.1	

#1 runner: Noelle Olson, Big Lake - 15:54.9

#1 jv runner: Ashley Ages, Big Lake - 18:32.6

JUNIOR HIGH GIRLS: 3000 m - 9 runners

1. Tiffany Schmidt	7	18:18.5	PB
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#1 runner: Kelsie Tufto, Zimmerman - 15:14.2

PINE CITY BOYS' RESULTS:

5000 m - 47 varsity and 44 JV runners

	<u>place</u>	<u>time</u>	
1. Mike Connelly	1 jv	19:57	
2. Christian Miche'	12	20:04.7	BTC
3. Italo dePaula	20	20:38.4	
4. Russ Westernen	21	20:38.8	BTC
5. Beau Hunter	5 jv	21:12	
6. Mitchell Ringness	24	21:18.4	
7. Paul Skalicky	26	21:37.3	
8. Nolan Montague	37	22:22.5	BTC
9. Jared Montague	15 jv	22:23	PB
10. Matthew Scott	18 jv	22:33	
11. Jonah Spahr	19 jv	22:33	
12. Seth Thornton	21 jv	22:42	
13. Tony Pitzen	42	23:00.7	
14. Anthony Olson	33 jv	25:36	BTC

#1 runner: Peter Clausen, Legacy Christian - 17:49.1

#1 jv runner: Mike Connelly, Pine City - Pine City - 18:47

JUNIOR HIGH BOYS: 3000 m - 20 runners

1. Eli Grubbs	3	13:30.1	
2. Nolen Yehlik	4	13:40.3	PB
3. Kyle Peters	8	14:39.0	BTC
4. Nick Stolp	10	14:58.7	
5. Danny Pitzen	13	15:50.2	
6. Sam Saunders	15	17:03.3	
7. Ryan Blake	16	18:00.9	

#1 runner: Chase Laxdal, Zimmerman - 12:47.1

GIRLS' TEAM RESULTS:

1. Big Lake	42
2. North Branch	42
3. Becker	81
4. Pine City	89
5. Spectrum	152
Zimmerman	Inc
Legacy Christian	Inc

BOYS' TEAM RESULTS:

1. Big Lake	33
2. North Branch	47
3. Pine City	103
4. Becker	110
5. Legacy Christian	119
6. Spectrum	123
7. Zimmerman	146

JV Boys' results:

1. North Branch	24
2. Pine City	58
3. Big Lake	72
4. Spectrum	171
Becker	Inc
Zimmerman	Inc

JH Team Results:

1. Pine City	38
2. Big Lake	55
North Branch	Inc
Becker	Inc
Zimmerman	Inc

"Racing teaches us
to challenge ourselves.
It teaches us
to push beyond
where we thought we
could go. It helps us
to find out
what we are made of.
This is what we do.
This is what it's all about."

PattiSue Plumer, U.S. Olympian

GREAT RIVER CONFERENCE CROSS COUNTRY MEET at Pine City

Thursday October 13 2011
cool, cloudy, NW wind

PINE CITY GIRLS' RESULTS:

4000 m -35 varsity and 13 jv runners

	<u>place</u>	<u>time</u>	
1. Sherry Rike	3	16:20	PB
2. Abby Cummins	4	16:23	BTY-BTC
3. Jordan Kotek	9	17:21	BTY
4. Megan Miesner	10	17:24	BTY
5. Brenna Richardson	14	17:55	PB
6. Jackie Westernen	17	18:06	BTY-BTC
7. Allison Gusk	1 jv	18:20	BTY-BTC
8. Jordan Vaudrin	2 jv	18:25	PB
9. Morgan Richardson	20	18:26	PB
10. Melissa Farrand	3 jv	19:27	PB

#1 runner: Breezy Schultz, Hinckley - 15:58

#1 jv runner: Allison Gusk, Pine City - 18:20

JUNIOR HIGH GIRLS: 3000 m - 10 runners

1. Madde Martin	2	13:49	PB
2. Tiffany Schmidt	8	17:37	PB

#1 runner: Clio Olson, Mille Lacs - 13:35

PINE CITY BOYS' RESULTS:

5000 m - 29 varsity and 11 jv runners

	<u>place</u>	<u>time</u>	
1. Christian Miche'	10	19:10	PB
2. Mike Connelly	1 jv	19:20	
3. Beau Hunter	11	19:37	PB
4. Russ Westernen	12	19:40	PB
5. Mitchell Ringness	17	20:00	PB
6. Tony Pitzen	2 jv	21:12	PB
7. Nolan Montague	22	21:28	BTC
8. Jonah Spahr	4 jv	21:31	PB
9. Italo dePaula	24	21:45	
10. Matthew Scott	25	21:51	
11. Jared Montague	5 jv	22:42	
12. Seth Thornton	6 jv	22:49	
13. Anthony Olson	7 jv	23:45	PB
14. Joe Wolf	8 jv	24:07	BTC

#1 runner: Dan Taylor, Rush City - 17:28

#1 jv runner: Mike Connelly, Pine City - 19:20

JUNIOR HIGH BOYS: 3000 m - 20 runners

1. Eli Grubbs	4	11:43	PB
2. Kyle Peters	9	12:36	PB
3. Danny Pitzen	13	12:49	PB
4. Nolen Yelik	15	12:50	PB
5. Nick Stolp	17	13:12	PB
6. Ryan Blake	20	14:12	PB

#1 runner: Thomas Warner, Braham - 11:24

GIRLS' TEAM RESULTS:

1. Pine City	33
2. Hinckley-Finlay	59
3. Rush City	73
4. Braham	80
5. Mille Lacs	108
East Central	Inc

ALL- CONFERENCE
ALL- CONFERENCE
ALL- CONFERENCE
ALL- CONFERENCE
HONORABLE MENTION

BOYS' TEAM RESULTS:

1. Rush City	22
2. Hinckley	48
3. Pine City	70
4. East Central	80
Braham	Inc

ALL- CONFERENCE
HONORABLE MENTION
HONORABLE MENTION

JH TEAM RESULTS:

1. Rush City	21
2. Braham	33
3. Pine City	37

Challenges
are what
make
life interesting;
overcoming them
is what
makes
life meaningful.

Joshua J. Marine

CAMBRIDGE INVITATIONAL CROSS COUNTRY MEET

Tuesday, October 18, 2011

cold, cloudy, breezy

PINE CITY GIRLS' RESULTS:

4000 m - 59 varsity and 36 JV runners

	<u>place</u>	<u>time</u>
1. Sherry Rike	7	17:04.7
2. Abby Cummins	8	17:06.1
3. Megan Miesner	14	17:37.2
4. Jordan Kotek	17	17:47.0
5. Jackie Westernen	31	18:24.4
6. Allison Gusk	38	18:32.5
7. Brenna Richardson	40	18:52.9
8. Morgan Richardson	2 jv	19:00.8
9. Jordan Vaudrin	6 jv	19:37.7
10. Melissa Farrand	26 jv	21:39.8

#1 runner: Noelle Olson, Big Lake - 15:46.2

#1 jv runner: Jena Wilkening, Becker - 18:52.3

JUNIOR HIGH GIRLS: 2500 m - runners

1. Maddie Martin	2	10:01
2. Kim Whaley		12:52

#1 runner:

PINE CITY BOYS' RESULTS:

5000 m - 66 varsity and 83 JV runners

	<u>place</u>	<u>time</u>
1. Mike Connelly	28	19:10.1
2. Christian Miche'	31	19:11.3
3. Russ Westernen	35	19:38.1 PB
4. Beau Hunter	46	19:59.9
5. Mitchell Ringness	50	20:21.3
6. Paul Skalicky	26 jv	20:42.7
7. Tony Pitzen	55	21:00.0
8. Nolan Montague	58	21:29.1
9. Matthew Scott	47 jv	21:52.8
10. Jonah Spahr	50 jv	22:21.3
11. Jared Montague	57 jv	22:49.6
12. Joe Wolf	64 jv	23:51.0
13. Anthony Olson	66 jv	24:10.3
14. Seth Thornton	74 jv	25:06.5

#1 runner: Calvin Mehrhof, Math & Science - 17:26.8

#1 jv runner: Emmett Haberman, Coon Rapids - 19:50.4

JUNIOR HIGH BOYS: 2500 m - runners

1. Eli Grubbs	4	9:32
2. Nolen Yehlik	6	9:43
3. Danny Pitzen	10	10:12
4. Kyle Peters	11	10:13
5. Nick Stolp		10:54
6. Ryan Blake		11:09
7. Sam Saunders		11:10

#1 runner:

GIRLS' TEAM RESULTS:

1. Big Lake	48
2. Math & Science Academy	70
3. Pine City	78
4. Becker	103
5. Cambridge	106
6. Spectrum Academy	138
7. Rush City	176
7. Braham	197

BOYS' TEAM RESULTS:

1. Coon Rapids	35
2. Math & Science Academy	84
3. Cambridge-Isanti	88
4. Big Lake	89
5. Rush City	97
6. Pine City	167
7. Becker	177
8. Spectrum	206
Braham	Inc

JV Boys' results:

1. Coon Rapids	19
2. Cambridge-Isanti	48
3. Rush City	77
4. Math & Science Academy	130
5. Big Lake	141
6. Pine City	150
7. Spectrum Academy	211

JH Team Results:

"Goals
are the fuel
in the furnace
of
achievement."

Brian Tracy

SECTION 5A CROSS COUNTRY MEET
@ PIERZ
Thursday, October 27, 2011
partly sunny, cool, mostly calm

PINE CITY GIRLS' RESULTS:

4000 m - 140 runners

	<u>place</u>	<u>time</u>	
1. Sherry Rike	16	15:44.2	PB
2. Abby Cummins	17	15:45.4	PB
3. Megan Miesner	35	16:44.4	BTY
4. Jordan Kotek	45	16:59.9	BTY
5. Brenna Richardson	68	17:35.9	PB
6. Jacki Westernen	72	17:40.4	PB
7. Morgan Richardson	104	18:31.2	BTC

GIRLS' TEAM RESULTS:

1. St. Cloud Cathedral	34
2. Annandale	63
3. Mora	127
4. Maple Lake	141
5. Providence Academy	149
6. Watertown-Mayer	174
7. Pine City	175
8. St. Cloud Christian	262
9. Pierz	270
10. Hinckley-Finlayson	295
11. Pact/Spectrum	298
12. East Central	377
13. Rush City	378
14. Mayer Lutheran/LPWHT	402
15. Foley	402
16. Braham	413
17. Howard Lake Waverly-Wi	437
18. Mille Lacs	448
19. Maranatha Christian	488
20. Rockford	507

Top 10 runners (qualifying for state):

1. McKenzie Holt (10)	St Cloud Christian	14:36.1
2. Rachel Eickhoff (9)	St Cloud Cathedral	15:01.1
3. Paige Danielson (9)	St Cloud Cathedral	15:01.9
4. Courtney Alama (10)	Annandale	15:02.2
5. Taylor Alama (12)	Annandale	15:02.7
6. Greta Danielson (12)	St Cloud Cathedral	15:09.0
7. Liz Miller (10)	Watertown-Mayer	15:18.5
8. Emma Johnson (12)	Mora	15:20.2
9. Hannah Johnson (11)	Watertown-Mayer	15:23.8
10. Morgan Durbin (10)	St Cloud Cathedral	15:33.1

PINE CITY BOYS' RESULTS

5000 m - 144 runners

	<u>place</u>	<u>time</u>	
1. Christian Miche'	50	18:35.0	PB
2. Russell Westernen	61	18:50.1	PB
3. Beau Hunter	76	19:24.1	PB
4. Mitchell Ringness	85	19:38.5	PB
5. Paul Skalicky	110	20:18.3	PB
6. Tony Pitzen	111	20:25.1	PB
7. Nolan Montague	113	20:31.0	PB

BOYS' TEAM RESULTS:

1. St. Cloud Cathedral	27
2. Mora	85
3. Providence Academy	103
4. Mayer Luteran	128
5. Rush City	149
6. Watertown-Mayer	172
7. Maple Lake	216
8. Hinckley-Finlayson	236
9. Annandale	251
10. Foley	272
11. Heritage Christian	361
12. Milaca	367
13. Pine City	378
14. Legacy Christian	390
15. Howard Lake Waverly-Wi	398
16. Rockford	400
17. Pact/Spectrum	422
18. Pierz	432
19. East Central	438
20. Braham	552
21. St. Cloud Christian	562

Top 10 runners (qualifying for state):

1. Charlie Lawrence (11)	Foley	15:51.1
2. Nick Golebiowski (10)	St Cloud Cathedral	16:10.9
3. Cole Wintheiser (11)	St Cloud Cathedral	16:34.9
4. Thomas Friebe (12)	St Cloud Cathedral	16:45.4
5. Beau Gerding (11)	St Cloud Cathedral	16:48.0
6. Dan Taylor (12)	Rush City	16:49.6
7. Alex Fredrickson (11)	Mayer Lutheran	16:50.0
8. Peter Clausen (12)	Legacy Christian	17:09.9
9. Brandon Duffy (10)	Mayer Lutheran	17:14.5
10. Austin Lick (12)	Mora	17:16.2

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2011

Name	Gr	Year	Milaca	Pine City	N. Branch	Pierz	Milaca Mega
Megan Miesner	12	2011	DNR	18:04 (4k)	18:10 (4k)	18:00 (4k)	18:03 (4k)
	11	2010	17:18 (4k)	17:01 (4k)	16:35 (4k)	17:07 (4k)	16:35 (4k)
	10	2009	13:13 (2.95k)	18:53 (4k)	18:35 (4k)	18:06 (4k)	17:40 (4k)
	9	2008		DNR	19:10 (4k)	18:22 (4k)	18:05 (4k)
	8	2007	13:38 (2.8k)	8:37 (2k)	8:36 (2k)	14:46 (3.2k)	DNR
	7	2006			8:57 (2k)	14:44 (3.2k)	13:30 (3.2k)
Abby Cummins	11	2011	mora 17:15	(17:42 (4k)	17:02 (4k)	17:14 (4k)	16:54 (4k)
	10	2010	18:10 (4k)	17:44 (4k)	16:59 (4k)	17:23 (4k)	16:35 (4k)
	9	2009	13:01 (2.95k)	19:01 (4k)	18:40 (4k)	18:14 (4k)	17:09 (4k)
Greta Foster	11	2011	mora 24:55				
	10	2010	22:09 (4k)	20:24 (4k)	20:07 (4k)	20:24 (4k)	DNR
Morgan Richardson	11	2011	mora 20:18	19:49 (4k)	18:46 (4k)	19:46 (4k)	18:56 (4k)
	10	2010	20:49 (4k)	20:11 (4k)	19:28 (4k)	21:01 (4k)	19:18 (4k)
	9	2009	14:38 (2.95k)	20:22 (4k)	22:04 (4k)	19:55 (4k)	19:27 (4k)
	8	2008	15:27 (2.8k)	9:40 (2k)	9:09 (2k)	15:01 (3.2k)	15:33 (3.2k)
Sherry Rike	11	2011	mora 17:07	17:33 (4k)	16:51 (4k)	17:47 (4k)	16:47 (5k)
	10	2010	20:00 (4k)	18:07 (4k)	17:41 (4k)	18:53 (4k)	17:51 (4k)
	9	2009	12:37 (2.95k)	17:36 (4k)	18:04 (4k)	17:35 (4k)	16:48 (4k)
	8	2008	14:30 (2.8k)	8:33 (2k)	8:53 (2k)	14:47 (3.2k)	14:13 (3.2k)
Melissa Farrand	10	2011	mora 24:54	21:52 (4k)	19:43 (4k)	21:19 (4k)	DNR
Brenna Richardson	10	2011	mora 21:13	20:42 (4k)	19:03 (4k)	19:01 (4k)	18:59 (4k)
	9	2010	21:04 (4k)	19:50 (4k)	19:35 (4k)	20:14 (4k)	19:23 (4k)
	8	2009	8:47 (2k)	9:57 (2k)	9:23 (2k)	15:49 (3.2k)	15:41 (3.2k)
	7	2008	16:30 (2.8k)	10:45 (2k)	10:45 (2k)	17:32 (3.2k)	16:52 (3.2k)
Jordan Vaudrin	10	2011	mora 21:49	21:40 (4k)	19:51 (4k)	20:05 (4k)	19:10 (4k)
	9	2010	22:00 (4k)	20:25 (4k)	19:42 (4k)	21:20 (4k)	19:26 (4k)
Kaylyn Utecht	9	2011			19:23 (4k)		
	8	2010					
Indigo Isackson	10	2011	mora 26:15	DNR	22:57 (4k)	24:26 (4k)	22:27 (4k)
Jackie Westernen	9	2011	DNR	20:29 (4k)	19:52 (4k)	19:27 (4k)	19:17 (4k)
	8	2010	14:02 (2.9 k)	9:11 (2k)	9:18 (2k)	15:17 (3.2k)	14:49 (3.2k)
	7	2009	9:41 (2k)	10:12 (2k)	10:12 (2k)	16:34 (3.2k)	15:45 (3.2k)
Allison Gusk	8	2011	mora 19:17	21:14 (4k)	18:34 (4k)	19:32 (4k)	14:45 (3.2k)
	7	2010	13:43 (2.9 k)	8:44 (2k)	8:48 (2k)		14:31 (3.2k)
Jordan Kotek	8	2011	mora 19:32	20:23 (4k)	18:17 (4k)	19:07 (5k)	13:44 (3.2k)
	7	2010		8:11 (2k)	8:25 (2k)	13:57 (3.2k)	13:27 (3.2k)
Tiffany Schmidt	8	2011	mora 11:41(2k)	11:58 (2k)	11:29 (2k)	19:46 (3.2k)	18:51 (3.2k)
	7	2010	21:04 (2.9 k)	11:05 (2k)	10:31 (2k)	18:21 (3.2k)	
Maddie Martin	7	2011	mora 9:18(2k)	9:15 (2k)	9:09 (2k)	15:06 (3.2k)	DNR
Kim Whaley	7	2011			11:57 (2k)	DNR	20:04 (3.2k)

CROSS COUNTRY HISTORY - GIRLS' MEET TIMES 2011

Becker	Swain	Conference	Prin/Camb	Section	State	PB	Average
17:50 (4k)		PC-17:24 (4k)	17:37 (4k)	Pierz - 16:44		16:44	17:44
16:30 (4k)		PC-16:53 (4k)	16:25 (4k)	Pierz - 16:24		16:24	16:45
		PC-17:19 (4k)	17:38 (4k)	Pierz - 17:30		17:19	17:57
17:39 (4k)	19:01 (4k)	PC-17:18 (4k)	17:20 (4k)	Pierz - 17:06		17:06	18:00
17:43 (4k)	11:01 (2.5k)	PC-17:33 (4k)				17:30	17:34
14:14 (3.2k)	11:42 (2.5k)	PC-9:00 (2k)				8:57 (2k)	8:58 (2k)
16:53 (4k)		PC-16:23 (4k)	17:06 (4k)	Pierz - 15:45		15:45	16:55
16:35 (4k)		PC-16:39 (4k)	16:42 (4k)	Pierz - 16:02		16:02	16:59
		PC-17:17 (4k)	16:59 (4k)	Pierz - 16:43		16:43	17:43
						24:55	24:55
19:46 (4k)		DNR	DNR			19:46	20:34
19:16 (4k)		PC-18:26 (4k)	19:00 (4k)	Pierz - 18:31		18:26	19:12
19:24 (4k)		PC-19:27 (4k)	18:53 (4k)	Pierz - 20:17		18:53	19:52
		PC-19:09 (4k)	19:47 (4k)	Pierz - 22:02		19:09	20:24
19:01 (4k)	14:16 (2.6k)	PC-19:41 (4k)	20:05 (4k)	Pierz - 19:29		19:01	19:34
16:53 (4k)		PC-16:20 (4k)	17:04 (4k)	Pierz - 15:44		15:44	16:54
17:44 (4k)		PC-17:08 (4k)	DNR	Pierz - 17:19		17:08	18:05
		PC-16:26 (4k)	16:58 (4k)	Pierz - 16:52		16:26	17:10
18:34 (4k)	12:50 (2.6k)	PC-17:15 (4k)	17:36 (4k)	Pierz - 17:06		17:06	17:38
20:40 (4k)		PC-19:27 (4k)	21:39 (4k)			19:27	21:22
18:35 (4k)		PC-17:55 (4k)	18:52 (4k)	Pierz - 17:35		17:35	19:06
19:50 (4k)		PC-20:50 (4k)	19:03 (4k)			19:03	19:59
		PC-20:03 (4k)	19:19 (4k)	Pierz - 19:52		19:19	19:44
16:28 (3.2k)	15:34 (2.6k)	PC-9:51 (2k)	15:27 (3k)			9:51 (2k)	10:27 (2k)
18:46 (4k)		PC-18:25 (4k)	19:37 (4k)			18:25	19:55
20:33 (4k)		PC-20:06 (4k)	19:22 (4k)			19:22	20:22
						19:23	19:23
20:31 (4k)		PC-9:15 (2k)	14:38 (3k)			9:15 (2k)	9:46 (2k)
23:18 (4k)		DNR	DNR			22:27	23:53
18:42 (4k)		PC-18:06 (4k)	18:24 (4k)	Pierz - 17:40		17:40	19:00
19:07 (4k)		PC-18:41 (4k)	18:03 (4k)	Pierz - 18:10		18:03	18:30
		PC-9:32 (2k)	20:49 (4k)			9:32 (2k)	9:54 (2k)
18:59 (4k)		PC-18:20 (4k)	18:32 (4k)			18:20	19:12
19:25 (4k)		PC-18:57 (4k)	18:38 (4k)	Pierz - 18:15		18:15	18:49
18:58 (4k)		PC-17:21 (4k)	17:47 (4k)	Pierz - 16:59		16:59	18:33
18:30 (4k)		PC-17:46 (4k)	17:21 (4k)	Pierz - 16:56		16:56	17:38
18:18(3.2k)		PC-17:37 (3k)	DNR			18:18 (3.2k)	18:58 (3.2k)
18:31(3.2k)		PC-9:56 (2k)	15:22 (3k)			9:56 (2k)	10:31 (2k)
DNR		PC-13:49 (3k)	10:01 (2.5k)			15:06 (3.2k)	15:06 (3.2k)
DNR		DNR	12:52 (2.5k)			20:04 (3.2k)	20:04 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2011

Name	Gr	Year	Milaca/Mora	Pine City	N Branch	Pierz	Milaca Mega
Mitchell Ringness	12	2011	mora 23:11	DNR	DNR	DNR	20:49 (5k)
	9	2008	22:15 (5k)	21:34 (5k)	21:18 (5k)	21:10 (5k)	21:08 (5k)
	8	2007	13:28 (2.8k)	8:45 (2k)	8:30 (2k)	14:29 (3.2k)	14:10 (3.2k)
	7	2006	9:04 (2k)	9:38 (2k)	9:23 (2k)	15:02 (3.2k)	
Joe Wolf	12	2011	mora 23:10	23:42 (5k)	22:19 (5k)	22:42 (5k)	22:27 (5k)
	11	2010	26:46 (5k)	24:24 (5k)	23:41 (5k)	23:26 (5k)	22:32 (5k)
	10	2009		27:30 (5k)	26:24 (5k)	25:51 (5k)	26:30 (5k)
	9	2008	28:14 (5k)	25:32 (5k)	26:41 (5k)	25:37 (5k)	24:30 (5k)
	8	2007	22:37 (2.8k)	11:58 (2k)	10:39 (2k)	18:32 (3.2k)	17:37 (3.2k)
	7	2006	12:16 (2k)	11:03 (2k)	11:02 (2k)	19:27 (3.2k)	17:43 (3.2k)
Italu De Paula.	12	2011					20:21 (5k)
Christian Miche'	11	2011	mora 21:55		20:03 (5k)	19:54 (5k)	20:00 (5k)
	10	2010	30:01 (5k)	26:33 (5k)	23:59 (5k)	23:34 (5k)	22:10 (5k)
	7	2007					21:45 (3.2k)
Mike Connelly	10	2011	18:55 (5k)	21:22 (5k)	18:44 (5k)	19:10 (5k)	DNR
Nolan Montague	10	2011	mora 21:28	22:43 (5k)	21:10 (5k)	22:05 (5k)	20:38 (5k)
	9	2010	27:30 (5k)	DNR	23:54 (5k)	26:35 (5k)	24:51 (5k)
	8	2009	9:17 (2k)	10:28 (2k)	10:01 (2k)	17:00 (3.2k)	10:17 (2.5k)
Anthony Olson	10	2011	mora 26:48	26:43 (5k)	24:43 (5k)	24:54 (5k)	23:57 (5k)
	9	2010	32:32 (5k)	28:30 (5k)	26:59 (5k)	28:15 (5k)	26:25 (5k)
	8	2009			11:34 (2k)	21:38 (3.2k)	12:45 (2.5k)
Paul Skalicky	10	2011	mora 21:25	21:26 (5k)	20:58 (5k)	21:19 (5k)	20:55 (5k)
	9	2010	22:53 (5k)	21:48 (5k)	21:13 (5k)	21:25 (5k)	21:05 (5k)
	8	2009	8:17 (2k)	8:17 (2k)	8:21 (2k)	DNR	9:10 (2.5k)
Russ Westernen	10	2011	mora 23:06	21:59 (5k)	20:25 (5k)	20:20 (5k)	20:01 (5k)
	9	2010	22:01 (5k)	21:30 (5k)	20:52 (5k)	21:24 (5k)	20:32 (5k)
	8	2009	8:29 (2k)	8:34 (2k)	8:25 (2k)	13:48 (3.2k)	9:03 (2.5k)
	7	2008	17:44 (2.8k)	9:48 (2k)	10:31 (2k)	16:25 (3.2k)	15:14 (3.2k)
Jared Montague	9	2011	mora 27:24	24:37 (5k)	22:38 (5k)	24:28 (5k)	24:07 (5k)
	8	2010	15:33 (2.9k)	9:25 (2k)	9:16 (2k)	16:10 (3.2k)	15:15 (3.2k)
	7	2009		10:43 (2k)	11:14 (2k)	17:20 (3.2k)	16:54 (3.2k)
Tony Pitzen	9	2011	mora 24:26	23:21 (5k)	21:47 (5k)	22:10 (5k)	21:34 (5k)
	8	2010	14:05 (2.9k)	8:49 (2k)	8:46 (2k)	14:46 (3.2k)	14:12 (3.2k)
	7	2009	9:06 (2k)	8:54 (2k)	9:32 (2k)	15:52 (3.2k)	14:13 (3.2k)
Mathew Scott	9	2011	mora 23:45	22:40 (5k)	21:41 (5k)	21:54 (5k)	22:12 (5k)
	8	2010		9:20 (2k)	9:13 (2k)	15:39 (3.2k)	14:55 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2011

Becker	Swain	Conference	Prin/Camb	Section	State	PB	Average
21:18 (5k)		PC-20:00 (5k)	20:21 (5k)	Pierz - 19:38		19:38	20:53
20:46 (5k)	DNR	PC-20:34 (5k)	20:23 (5l)			20:23	21:09
14:15 (3.2k)	12:03 (2.5k)	PC - 8:09 (2k)	13:08 (3k)			8:09 (2k)	8:28 (2k)
14:40 (3.2k)		PC - 9:30 (2k)				9:04 (2k)	9:23 (2k)
DNR		PC-24:07 (5k)	23:51 (5k)			22:19	23:11
24:52 (5k)		DNR	DNR			22:32	24:17
		PC-26:19 (5k)	24:36 (5k)			24:36	26:12
25:07 (5k)	19:23 (4k)	PC-25:18 (5k)	23:37 (5k)			23:37	25:35
18:53 (3.2k)	14:20 (2.5k)	PC-10:20 (2k)				10:20 (2k)	10:59 (2k)
18:57 (3.2k)	15:31 (2.5k)	PC-11:25 (2k)				11:02 (2k)	11:26 (2k)
20:38 (5k)		PC-21:45 (5k)	DNR			20:21	21:55
20:04 (5k)		PC-19:10 (5k)	19:11 (5k)	Pierz - 18:35		18:35	19:51
21:44 (5k)		PC-21:40 (5k)	20:09 (5k)	Pierz - 19:36		19:36	21:48
DNF	18:45 (2.5k)	PC-12:57 (2k)	21:59 (3k)			12:57 (2k)	
19:57 (5k)		PC-19:20 (5k)	19:10 (5k)			18:44	19:31
22:22 (5k)		PC-21:28 (5k)	21:29 (5k)	Pierz - 20:31		20:31	21:33
24:18 (5k)		PC-23:27 (5k)	22:21 (5k)			22:21	24:47
		PC-9:32 (2k)	14:58 (3k)			9:17 (2k)	9:49 (2k)
25:36 (5k)		PC-23:45 (5k)	24:10 (5k)			23:45	25:04
25:47 (5k)		PC-26:29 (5k)	25:34 (5k)			25:34	27:34
		PC-10:51 (2k)	18:26 (3k)			10:51 (2k)	11:12 (2k)
21:37 (5k)		DNR	20:42 (5k)	Pierz - 20:18		20:18	21:05
20:52 (5k)		PC-20:52 (5k)	21:20 (5k)	Pierz - 20:35		20:35	21:30
		PC-8:35 (2k)	13:13 (3k)			8:17 (2k)	8:22 (2k)
20:38 (5k)		PC-19:40 (5k)	19:38 (5k)	Pierz - 18:50		18:50	20:31
20:46 (5k)		PC-20:11 (5k)	20:28 (5k)			20:11	20:58
		PC-8:05 (2k)	12:52 (3k)			8:05 (2k)	8:23 (2k)
14:49 (3.2k)	14:02 (2.6k)	PC-8:58 (2k)	13:46 (3k)			8:58 (2k)	9:46 (2k)
22:23 (5k)		PC-22:42 (5k)	22:49 (5k)			22:23	23:53
15:15 (3.2k)		PC-8:34 (2k)	13:37 (3k)			8:34 (2k)	9:05 (2k)
		PC-10:32 (2k)	16:06 (3k)			10:32 (2k)	10:50 (2k)
23:00 (5k)		PC-21:12 (5k)	21:00 (5k)	Pierz - 20:25		20:25	22:06
14:48 (3.2k)		PC-8:17 (2k)	12:51 (3k)			8:17 (2k)	8:37 (2k)
		PC-8:48 (2k)	14:13 (3k)			8:48 (2k)	9:05 (2k)
22:33 (5k)		PC-21:51 (5k)	21:52 (5k)			21:41	22:18
14:42 (3.2k)		PC-8:37 (2k)	13:02 (3k)			8:37 (2k)	9:03 (2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2011

Name	Gr	Year	Milaca	Pine City	N Branch	Pierz	Milaca Mega
Jonah Spahr	9	2011	mora 24:41	24:19 (5k)	22:05 (5k)	DNR	22:35 (5k)
	8	2010	14:32 (2.9k)	8:51 (2k)	8:40 (2k)	14:54 (3.2k)	14:23 (3.2k)
	7	2009	9:54 (2k)	DNR	10:18 (2k)	DNR	16:46 (3.2k)
Seth Thornton	9	2011	mora 23:37	22:08 (5k)	21:40 (5k)	DNR	22:13 (5k)
	8	2010					
Beau Hunter	8	2011					12:49 (3.2k)
Kyle Peters	8	2011	mora 8:31(2k)	8:28 (2k)	8:25 (2k)	14:05 (3.2k)	15:43 (3.2k)
	7	2010	23:50 (2.9k)	9:22 (2k)	9:07 (2k)	16:39 (3.2k)	15:45 (3.2k)
Danny Pitzen	8	2011	mora 8:14(2k)	9:02 (2k)	8:33 (2k)	23:17 (5k)	14:49 (3.2k)
	7	2010	12:42 (2.9k)	8:27 (2k)	8:26 (2k)	13:35 (3.2k)	13:21 (3.2k)
Nolen Yehlik	8	2011	mora 8:43(2k)	8:29 (2k)	9:03 (2k)	14:05 (3.2k)	13:54 (3.2k)
	7	2010	14:48 (2.9k)	8:47 (2k)	8:40 (2k)	14:18 (3.2k)	14:03 (3.2k)
Ryan Blake	7	2011	mora10:02(2k)	9:51 (2k)	9:50 (2k)	32:22 (5k)	15:59 (3.2k)
Eli Grubbs	7	2011	mora 8:05(2k)	8:16 (2k)	7:56 (2k)	13:05 (3.2k)	13:16 (3.2k)
Sam Saunders	7	2011	mora 9:49(2k)	9:03 (2k)	9:11 (2k)	25:50 (5k)	15:47 (3.2k)
Nick Stolp	7	2011	mora 9:22(2k)	8:49 (2k)	8:49 (2k)	24:54 (5k)	14:52 (3.2k)

CROSS COUNTRY HISTORY - BOYS' MEET TIMES 2011

Becker	Swain	Conference	Prin/Camb	Section	State	PB	Average
22:33 (5k)		PC-21:31 (5k)	22:21 (5k)			21:31	22:52
14:58 (3.2k)		PC-8:19 (2k)	13:20 (3k)			8:19 (2k)	8:37 (2k)
		PC-9:23 (2k)	15:15 (3k)			9:23 (2k)	9:52 (2k)
22:42 (5k)		PC-22:49 (5k)	25:06 (5k)			22:08	22:54
			13:20 (3k)			13:20 (3k)	13:20 (3k)
21:12 (5k)		PC-19:37 (5k)	19:59 (5k)	Pierz - 19:24		19:24	19:40
14:39 (3.2k)		PC-12:36 (3k)	10:13 (2.5k)			14:05 (3.2k)	14:49 (3.2k)
16:20 (3.2k)		PC-9:09 (2k)	16:23 (3k)			9:07 (2k)	9:13 (2k)
15:50 (3.2k)		PC-12:49 (3k)	10:12 (2.5k)			14:49 (3.2k)	15:19 (3.2k)
13:23 (3.2k)		PC-7:54 (2k)	12:12 (3k)			7:54 (2k)	8:16 (2k)
13:40 (3.2k)		PC-12:50 (3k)	9:43 (2.5k)			13:40 (3.2k)	13:53 (3.2k)
14:26 (3.2k)		PC-8:30 (2k)	13:19 (3k)			8:30 (2k)	8:39 (2k)
18:00 (3.2k)		PC-14:12 (3k)	11:09 (2.5k)			15:59 (3.2k)	17:00 (3.2k)
13:30 (3.2k)		PC-11:43 (3k)	9:32 (2.5k)			13:05 (3.2k)	13:17 (3.2k)
17:03 (3.2k)		DNR	11:10 (2.5k)			15:47 (3.2k)	16:25 (3.2k)
14:58 (3.2k)		PC-13:12 (3k)	10:54 (2.5k)			14:52 (3.2k)	14:55 (3.2k)

AVERAGE MILE TIMES AT MEETS - 2011

Name	PB - 2010	Milaca/Mora	Pine City	North Branch	Pierz	Milaca Mega
	5000 m	5000 m	5000 m	5000 m	5000 m	5000 m
Mitchell Ringness- 12		7:28				6:42
Joe Wolf	7:16	7:28	7:38	7:11	7:19	7:14
Italu de Paulo						6:33
Christian Miche'-11	6:19	7:04	7:05	6:28	6:25	6:27
Mike Connelly - 10		6:06	6:53	6:02	6:10	
Nolan Montague	7:12	6:55	7:19	6:49	7:07	6:39
Anthony Olson	8:14	8:38	8:37	7:58	8:01	7:43
Paul Skalicky	6:38	6:54	6:54	6:45	6:52	6:44
Russ Westernen	6:30	7:27	7:05	6:35	6:33	6:27
Jared Montague - 9		8:49	7:56	7:18	7:53	7:46
Tony Pitzen		7:52	7:31	7:01	7:09	6:57
Matthew Scott		7:39	7:18	6:59	7:03	7:09
Jonah Spahr		7:57	7:50	7:07		7:17
Seth Thornton		7:37	7:08	6:59		7:10
Beau Hunter - 8						
	2000 m	2000 m	2000 m	2000 m	3200 m	3200 m
Kyle Peters - 8	7:17	6:48	6:46	6:43	7:06	7:54
Danny Pitzen	6:19	6:35	7:13	6:50	7:30 (5k)	7:27
Nolen Yehlik	6:47	6:57	6:47	7:14	7:06	6:59
Beau Hunter						6:28
Ryan Blake - 7		8:00	7:52	7:52	10:26 (5k)	8:02
Eli Grubbs		6:28	6:36	6:20	6:36	6:40
Sam Saunders		7:50	7:14	7:20	8:19 (5k)	7:56
Nick Stolp		7:28	7:02	7:03	8:01 (5k)	7:28
	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
Megan Miesner - 12	6:33		7:13	7:16	7:12	7:13
Abby Cummins - 11	6:24	6:54	7:04	6:48	6:53	6:45
Greta Foster	7:57	9:57				
Morgan Richardson	7:36	8:07	7:55	7:30	7:54	7:34
Sherry Rike	6:51	6:50	7:01	6:44	7:06	6:42
Melissa Farrand - 10		9:57	8:44	7:53	8:31	
Indigo Isackson		10:30		9:10	9:46	8:58
Brenna Richardson	7:40	8:29	8:16	7:37	7:36	7:35
Jordan Vaudrin	7:46	8:43	8:40	7:56	8:01	7:40
Kaylyn Utecht	8:15			7:45		
Jackie Westernen	7:16		8:11	7:56	7:46	7:42
Allison Gusk - 8	7:17	7:42	8:29	7:25	7:48	7:25 (3.2k)
Jordan Kotek	6:46	7:48	8:09	7:18	7:38	6:54 (3.2k)
	2000 m	2000 m	2000 m	2000 m	3200 m	3200 m
Tiffany Schmidt	8:14	9:20	9:24	9:11	9:58	9:28
Maddie Martin - 7		7:26	7:24	7:19	7:37	
Kim Whaley						10:05

AVERAGE MILE TIMES AT MEETS - 2011

Becker 5000 m	Conference 5000 m	Cambridge 5000 m	Section 5A 5000 m	State 5000 m	Best 5000 m	Average 5000 m
6:51	6:29	6:33	6:19		6:19	6:47
	7:49	7:41			7:11	7:28
6:38	7:00				6:33	6:44
6:27	6:10	6:10	5:59		5:59	6:28
6:25	6:14	6:10			6:02	6:16
7:11	6:55	6:55	6:37		6:37	6:43
8:14	7:39	7:47			7:39	8:05
6:57		6:40	6:32		6:32	6:47
6:38	6:20	6:19	6:04		6:04	6:36
7:12	7:19	7:21			7:12	7:42
7:24	6:50	6:46	6:35		6:35	7:07
7:15	7:02	7:03			6:59	7:11
7:15	6:56	7:12			6:56	7:22
7:18	7:21	8:05			6:59	7:23
6:49	6:19	6:26	6:15		6:15	6:27
3200 m	3000 m	2500 m			3200 m	
7:22	6:46	6:34			7:06	7:00
7:57	6:53	6:34			7:27	7:07
6:52	6:53	6:16			6:52	6:53
					6:28	6:28
8:34	7:38	7:11			8:02	8:12
6:47	6:17	6:09			6:36	6:29
8:07		7:12			8:07	7:51
7:32	7:05	7:01			7:28	7:20
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
7:10	6:57	7:02	6:41		6:41	7:05
6:48	6:33	6:50	6:17		6:17	6:46
					9:57	9:57
7:45	7:22	7:35	7:24		7:22	7:41
6:48	6:31	6:49	6:17		6:17	6:45
8:19	7:49	8:39			7:49	8:33
9:22					8:58	9:33
7:29	7:10	7:32	7:01		7:01	7:38
7:33	7:22	7:50			7:22	7:58
					7:45	7:45
7:31	7:14	7:21	7:04		7:04	7:36
7:38	7:19	7:24			7:19	7:39
7:38	6:56	7:06	6:47		6:47	7:21
3200 m	3000 m	2500 m			3200 m	
9:12	9:28				9:12	9:26
	7:25	6:27			7:37	7:16
		8:18			10:05	9:12

TEAM POSITIONS AT MEETS - 2011

Name	Milaca/Mora 5000 m	Pine City 5000 m	North Branch 5000 m	Pierz 5000 m	Milaca Mega 5000 m
Mitchell Ringness- 12	7				4
Joe Wolf	6	9	10	8	10
Ital de Paulo					3
Christian Miche'-11	4	4	2	2	1
Mike Connelly - 10	1	1	1	1	14
Nolan Montague	3	7	5	6	5
Anthony Olson	12	12	12	12	13
Paul Skalicky	2	2	4	4	6
Russ Westernen	5	3	3	3	2
Jared Montague - 9	13	11	11	10	12
Tony Pitzen	9	8	8	7	7
Matthew Scott	8	6	7	5	8
Jonah Spahr	11	10	9		11
Seth Thornton	10	5	6		9
Beau Hunter - 8					
	2000 m	2000 m	2000 m	3200 m	3200 m
Kyle Peters - 8	3	2	2	2	6
Danny Pitzen	2	5	3	9	4
Nolen Yehlik	4	3	5	3	3
Beau Hunter					1
Ryan Blake - 7	7	7	7	14	8
Eli Grubbs	1	1	1	1	2
Sam Saunders	6	6	6	13	7
Nick Stolp	5	4	4	11	5
	4000 m	4000 m	4000 m	4000 m	4000 m
Megan Miesner - 12		3	3	3	3
Abby Cummins - 11	2	2	2	1	2
Greta Foster	9				
Morgan Richardson	5	4	6	8	4
Sherry Rike	1	1	1	2	1
Melissa Farrand - 10	8	10	9	10	
Indigo Isackson	10		12	11	8
Brenna Richardson	6	7	7	4	5
Jordan Vaudrin	7	9	10	9	6
Kaylyn Utecht			8		
Jackie Westernen		6	11	6	7
Allison Gusk - 8	3	8	5	7	1 Jr.hi
Jordan Kotek	4	5	4	5	2 Jr.hi
	2000 m	2000 m	2000 m	3200 m	3200 m
Tffany Schmidt	2	2	2	2	3
Maddie Martin - 7	1	1	1	1	
Kim Whaley			3		4

TEAM POSITIONS AT MEETS - 2011

Becker 5000 m	Conference 5000 m	Cambridge 5000 m	Section 5A 5000 m	State 5000 m	Average 5000 m
6	5	5	4		5.2
	14	12			9.9
3	9				5.0
2	1	2	1		2.1
1	2	1	9		3.4
8	7	8	7		6.2
14	13	13			12.6
7	15	6	5		5.7
4	4	3	2		3.2
9	11	11			11.0
13	6	7	6		7.9
10	10	9	8		7.9
11	8	10			10.0
12	12	14			9.7
5	3	4	3		3.8
3200 m	3000 m	2500 m			
3	2	4			3.0
5	3	3			4.3
2	4	2			3.3
					1.0
7	6	6			7.8
1	1	1			1.1
6		7			7.3
4	5	5			5.4
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
3	4	3	3		3.1
2	2	2	2		1.9
					9.0
9	9	8	7		6.7
1	1	1	1		1.1
10	10	10			9.6
11					10.4
4	5	7	5		5.6
6	8	9			8.0
					8.0
5	6	5	6		6.5
8	7	6			6.3
7	3	4	4		4.5
3200 m	3000 m	2500 m			
1	2				2.0
	1	1			1.0
		2			3.0

PLACE FINISHES AT MEETS - 2011

Name	Milaca/Mora 5000 m	Pine City 5000 m	North Branch 5000 m	Pierz 5000 m	Milaca Mega 5000 m
Mitchell Ringness- 12	92				131
Joe Wolf	64 jv	58	15 jv	91 jv	151
Italu de Paulo					124
Christian Miche'-11	83	43	15	68	116
Mike Connelly - 10	24	34	5	51	
Nolan Montague	78	53	23	110	117 - 10th
Anthony Olson	136 jv	44 jv	19 jv	137 jv	194 - 10th
Paul Skalicky	76	35	21	101	132 - 10th
Russ Westernen	91	42	19	84	81 - 10th
Jared Montague - 9	140 jv	33 jv	16 jv	126 jv	214 - 9th
Tony Pitzen	94	24 jv	9 jv	112	116 - 9th
Matthew Scott	80 jv	19 jv	27	108	145 - 9th
Jonah Spahr	103 jv	30 jv	12 jv		164 - 9th
Seth Thornton	74 jv	12 jv	26		148 - 9th
Beau Hunter - 8					
	2000 m	2000 m	2000 m	3200 m	3200 m
Kyle Peters - 8	39	15	9	44	179 - 8th
Danny Pitzen	26	26	10	103 jv	146 - 8th
Nolen Yehlik	48	16	16	45	105 - 8th
Beau Hunter					43 - 8th
Ryan Blake - 7	77	37	19	160 jv	105 - 7th
Eli Grubbs	15	9	4	15	77 - 8th
Sam Saunders	70	35	18	149 jv	102 - 7th
Nick Stolp	62	22	14	136 jv	77 - 7th
	4000 m	4000 m	4000 m	4000 m	4000 m
Megan Miesner - 12		1 jv	11	56	87
Abby Cummins - 11	24	12	4	21	52
Greta Foster	80 jv				
Morgan Richardson	23 jv	42	15	94	122
Sherry Rike	21	9	2	52	48
Melissa Farrand - 10	79 jv	11 jv	4 jv	63 jv	
Indigo Isackson	90 jv		7 jv	101 jv	165 - 10th
Brenna Richardson	100	49	16	78	124
Jordan Vaudrin	46 jv	54	5 jv	40 jv	82 - 10th
Kaylyn Utecht			3 jv		
Jackie Westernen		3 jv	17	23 jv	133
Allison Gusk - 8	75	53	1 jv	90	49 - 8th
Jordan Kotek	81	47	12	82	23 - 8th
	2000 m	2000 m	2000 m	3200 m	3200 m
Tiffany Schmidt	53	36	12	86	122 - 8th
Maddie Martin - 7	24	11	4	28	
Kim Whaley			14		156 - 7th

PLACE FINISHES AT MEETS - 2011

Becker 5000 m	Conference 5000 m	Cambridge 5000 m	Section 5A 5000 m	State 5000 m	Average 5000 m
24	17	50	85		66.5
	8 jv	64 jv			48.5 JV
20	24				56.0
12	10	31	50		47.6
1 jv	1 jv	28			28.4
37	22	58	113		61.8
33 jv	7 jv	66 jv			63.1 jv
26		26 jv	110		61.5
21	12	35	61		45.6
15 jv	5 jv	57 jv			56.0 jv
42	2 jv	55	111		82.8
18 jv	25	47 jv			53.3
19 jv	4 jv	50 jv			36.3 jv
21 jv	6 jv	74 jv			37.4 jv
5 jv	11	46	76		44.3
3200 m	3000 m	2500 m			
8	9	11			19.3
13	13	10			16.3
4	15	6			21.4
					43.0
16	20				33.8
3	4	4			7.7
15					34.5
10	17				25.0
4000 m	4000 m	4000 m	4000 m	4000 m	4000 m
18	10	14	35		33.0
7	4	8	17		16.6
					80.0
36	20	2 jv	104		61.9
6	3	7	16		18.2
12 jv	3 jv	26 jv			28.3 jv
21 jv					54.8 jv
25	14	40	68		57.1
3 jv	2 jv	6 jv			54.0
					3.0 jv
2 jv	17	31	72		54.0
34	1 jv	38			58.0
33	9	17	45		40.8
3200 m	3000 m	2500 m			
7	8				33.7
	2	2			11.8
					14.0

TOP 10 CROSS COUNTRY TIMES AT MEETS

<u>MILACA</u>		<u>PINE CITY</u>		<u>NORTH BRANCH</u>		<u>PIERZ</u>					
17:18	Megan Miesner	2010	17:01	Megan Miesner	2010	16:19	Emily Branzovsky	2004	16:34	Emily Branzovsky	2003
17:46	Kim Connaker	2000	17:04	Emily Branzovsky	2003	16:24	Emily Branzovsky	2003	17:00	Emily Branzovsky	2004
17:52	Miki Anderson	2000	17:09	Meleia Johnson	2002	16:35	Megan Miesner	2010	17:07	Megan Miesner	2010
18:01	Hannah Espeseth	2006	17:19	Meleia Johnson	2003	16:51	Sherry Rike	2011	17:07	Jacki Gregoire	2002
18:06	Meleia Johnson	2002	17:21	Emily Branzovsky	2004	16:51	Kim Connaker	2000	17:15	Abby Cummins	2011
18:10	Abby Cummins	2010	17:30	Jenna Fore	2002	16:59	Abby Cummins	2010	17:21	Kim Connaker	2000
18:17	Meleia Johnson	2000	17:33	Sherry Rike	2011	16:59	Meleia Johnson	2003	17:23	Abby Cummins	2010
18:20	Heidi Larsen	2000	17:36	Sherry Rike	2009	17:00	Meleia Johnson	2002	17:35	Sherry Rike	2009
18:23	Jacki Gregoire	2005	17:42	Abby Cummins	2011	17:02	Abby Cummins	2011	17:40	Jacki Gregoire	2004
18:26	Emily Branzovsky	2007	17:46	Amy Johnson	1995	17:05	Jacki Gregoire	2001	17:47	Sherry Rike	2011
<u>SWAIN</u>		<u>BECKER</u>		<u>CONFERENCE</u>		<u>SECTION</u>					
18:07	Emily Branzovsky	2004	15:56	Emily Branzovsky	2003	16:20	Sherry Rike	2011 PC	15:44	Sherry Rike	2011 PZ
18:10	Becky Haavisto	1994	16:31	Megan Miesner	2010	16:23	Abby Cummins	2011 PC	15:45	Abby Cummins	2011 PZ
18:20	Jacki Gregoire	2005	16:36	Abby Cummins	2010	16:25	Emily Branzovsky	2003 SM	15:46	Emily Branzovsky	2003 CL
18:26	Amy Johnson	1995	16:50	Jacki Gregoire	2003	16:26	Sherry Rike	2009 PC	16:02	Abby Cummins	2010 PZ
18:35	Amy Johnson	1994	16:53	Sherry Rike	2011	16:34	Emily Branzovsky	2004 PR	16:16	Jacki Gregoire	2002 BK
18:47	Bree Fischer	1994	16:53	Abby Cummins	2011	16:39	Abby Cummins	2010 PC	16:24	Megan Miesner	2010 PZ
18:56	Becky Haavisto	1996	17:04	Jenna Fore	2002	16:53	Megan Miesner	2010 PC	16:29	Emily Branzovsky	2004 CL
19:01	Megan Miesner	2008	17:08	Jenna Fore	2003	16:45	Jenna Fore	2001 NB	16:35	Jacki Gregoire	2000 BK
19:02	Bree Fischer	1996	17:14	Jacki Gregoire	2002	16:53	Kim Connaker	2000 FO	16:37	Jenna Fore	2002 BK
19:03	Hannah Espeseth	2006	17:39	Megan Miesner	2008	16:53	Meleia Johnson	2002 PC	16:40	Emily Branzovsky	2002 BK
<u>PRINCETON</u>		<u>MILACA MEGA</u>		<u>STATE</u>		<u>ALL-TIME BESTS</u>					
16:25	Megan Miesner	2010	16:36	Megan Miesner	2010	15:50	Emily Branzovsky	2003	15:44	Sherry Rike	2011 SECT
16:42	Abby Cummins	2010	16:36	Abby Cummins	2010				15:45	Abby Cummins	2011 SECT
16:58	Sherry Rike	2009	16:48	Sherry Rike	2011				15:46	Emily Branzovsky	2003 SECT
16:59	Abby Cummins	2009	16:48	Sherry Rike	2009				15:50	Emily Branzovsky	2003 STA
17:20	Megan Miesner	2008	16:55	Abby Cummins	2011				16:02	Abby Cummins	2010 SECT
17:21	Jordan Kotek	2010	17:09	Abby Cummins	2009				16:16	Jacki Gregoire	2002 SECT
17:31	Megan Miesner	2007	17:40	Megan Miesner	2009				16:19	Emily Branzovsky	2004 NB
17:36	Sherry Rike	2008	17:51	Sherry Rike	2010				16:24	Megan Miesner	2010 SECT
17:38	Megan Miesner	2009	18:03	Megan Miesner	2011				16:25	Megan Miesner	2010 PRIN
17:50	Etta Clementson	2008	18:03	Kendra Motyl	2008				16:25	Emily Branzovsky	2003 CONF

TOP 10 CROSS COUNTRY TIMES AT MEETS

MILACA

17:17 Zach Swanson 2008
 17:27 Trevor McNally 2006
 17:53 Cody Hanson 2010
 18:03 Dan Pangerl 1998
 18:10 David Hambly 2007
 18:15 Trevor McNally 2007
 18:20 David Hambly 2006
 18:26 David Hansen 2001
 18:37 Andrew Lutz 2007
 18:40 Clay Fischer 2007

PINE CITY

17:14 John Blom 1988
 17:14 Trevor McNally 2006
 17:16 Zach Swanson 2008
 17:21 Jared Clementson 2003
 17:28 Jared Clementson 2002
 17:33 Cody Hanson 2010
 17:53 Clay Fischer 2005
 17:56 Tom Miche' 2006
 17:58 Jared Clementson 2001
 18:02 Chris Lutz 2002

NORTH BRANCH

17:03 Jared Clementson 2003
 17:18 Jared Clementson 2001
 17:22 Trevor McNally 2006
 17:30 Cody Hanson 2010
 17:33 Zach Swanson 2008
 17:36 Ryan Hammill 2000
 17:41 Jared Clementson 2000
 17:44 Chris Lutz 2002
 17:44 David Hambly 2007
 17:48 David Hansen 2001

PIERZ

16:58 Trevor McNally 2006
 17:10 Jared Clementson 2003
 17:14 Zach Swanson 2008
 17:14 Jared Clementson 2002
 17:20 Tom Miche' 2005
 17:30 Jared Clementson 2001
 17:33 Trevor McNally 2004
 17:34 Ryan Hammill 2000
 17:34 David Hansen 2001
 17:36 Tom Miche' 2006

SWAIN

17:25 Trevor McNally 2006
 17:54 Trevor McNally 2005
 17:57 Tom Miche' 2006
 18:23 Tom Miche' 2005
 18:26 David Hambly 2006
 18:31 Trevor McNally 2007
 18:48 John Hansen 1997
 19:00 David Hambly 2007
 19:06 Clay Fischer 2005
 19:07 Clay Fischer 2007

BECKER

16:31 Jared Clementson 2002
 16:49 Trevor McNally 2006
 16:54 Zach Swanson 2008
 17:18 David Hambly 2006
 17:30 Cody Hanson 2010
 17:33 Tom Miche' 2006
 17:35 David Hambly 2007
 17:48 Trevor McNally 2007
 17:49 Jared Clementson 2002
 17:52 Zach Swanson 2007

CONFERENCE

16:39 Jared Clementson 2003 SM
 17:15 Trevor McNally 2006 PC
 17:20 Cody Hanson 2010 PC
 17:26 Jared Clementson 2002 PC
 17:28 Zach Swanson 2008 PC
 17:28 Trevor McNally 2005 PC
 17:35 Tom Miche' 2005 PC
 17:35 Trevor McNally 2007 PC
 17:36 Ryan Hammill 1999 ML
 17:37 Ryan Hammill 2000 FO

SECTION

16:20 Jared Clementson 2002 BK
 16:57 Jared Clementson 2003 CL
 17:03 Trevor McNally 2005 CL
 17:03 Trevor McNally 2007 PZ
 17:04 Trevor McNally 2006 CL
 17:05 Cody Hanson 2010 PZ
 17:05 Tom Miche' 2004 CL
 17:10 Tom Miche' 2005 CL
 17:17 Zach Swanson 2007 PZ
 17:25 Jared Clementson 2000 BK

PRINCETON

17:07 Cody Hanson 2010
 17:19 Zach Swanson 2008
 17:49 Cody Hanson 2009
 0:00 Zach Swanson 2007
 18:19 Dallas Hansen 2008
 18:35 John Dedic 2010
 18:42 Nick Bremer 2010
 18:52 Dallas Hansen 2007
 18:56 Cody Hanson 2008
 19:02 Nick Bremer 2009

MILACA MEGA

17:06 Zach Swanson 2008
 17:11 Cody Hanson 2010
 17:59 Zach Swanson 2007
 18:10 Cody Hanson 2009
 18:25 Dallas Hansen 2008
 18:37 Dallas Hansen 2007
 18:38 Chris Maki 2010
 19:11 Jacob Guttormson 2010
 19:53 John Dedic 2009
 19:59 Joey Emslander 2008

STATE

16:32 Trevor McNally 2006
 16:49 Jared Clementson 2003
 16:50 Tom Miche' 2006
 16:53 Cody Hanson 2010
 16:55 Trevor McNally 2005
 16:55 Trevor McNally 2007
 17:00 Tom Miche' 2005
 17:01 Jared Clementson 2002
 17:05 David Hambly 2006
 17:05 David Hambly 2007

ALL-TIME BESTS

16:20 Jared Clementson 2002 SECT
 16:31 Jared Clementson 2003 BL-BK
 16:32 Trevor McNally 2006 STA
 16:37 Jared Clementson 2001 FOL
 16:39 Jared Clementson 2003 CONF
 16:49 Jared Clementson 2003 STA
 16:50 Tom Miche' 2006 STA
 16:53 Cody Hanson 2010 STA
 16:54 Zach Swanson 2008 BKR
 16:55 Trevor McNally 2005 STA

**“Racing
is the fun part;
it’s the reward
of all
the hard work.”**

Kara Goucher

TOP 10 FIRST PLACE FINISHERS at Pine City Meets

PINE CITY INVITATIONAL

Melissa Engelmeier	Hermantown	2003	15:03
Melissa Engelmeier	Hermantown	2004	15:40
Emma Johnson	Mora	2011	15:42
Jenny Agnew	Mille Lacs	2008	15:54
Mary Molton	Rush City	1996	16:04
Melissa Engelmeier	Hermantown	2002	16:08
Nikki Roach	Hermantown	2010	16:09
Emma Johnson	Mora	2009	16:10
Kelly Farris	Columbia Hts	1995	16:11
Samantha Smith	Cromwell	2001	16:15

Pine City Best:

Megan Miesner	Pine City	2010	17:01
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CONFERENCE MEET @ PINE CITY

Brenna Carey	Big Lake	2002	15:27
Melissa Agnew	Mille Lacs	2007	15:41
Jenny Agnew	Mille Lacs	2008	15:54
Breezy Schmidt	Hinckley-Finlayson	2011	15:58
Trisha Guenningsman	Sauk Rapids	1995	16:23
Melissa Agnew	Mille Lacs	2006	16:25
Sherry Rike	Pine City	2009	16:26
Mary Virnig	Mille Lacs	2005	16:33
Abby Cummins	Pine City	2010	16:39

Pine City Best:

Sherry Rike	Pine City	2009	16:26 1st
Sherry Rike	Pine City	2011	16:20 3rd

PINE CITY INVITATIONAL

Chris Anderson	Chisago Lakes	1995	15:50
Austin Bauer	Milaca	2009	16:40
Charlie Lawrence	Foley	2011	16:42
Charlie Lawrence	Foley	2010	16:49
Austin Bauer	Milaca	2008	16:54
Brett Ausmus	Hinckley	2006	17:02
Brian Granholm	CW	1995	17:05
Eric Dahlstrom	Milaca	1997	17:05
Evan Eliason	Concordia Academy	2005	17:07
Eric Dahlstrom	Milaca	1998	17:09

Pine City Best:

Trevor McNally	Pine City	2006	17:14
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CONFERENCE MEET @ PINE CITY

Chris Anderson	Chisago Lakes	1995	16:37
Brett Ausmus	Hinckley	2005	16:55
Josh Wurdemann	Rush City	2009	17:14
Brett Ausmus	Hinckley	2006	17:14
Neil Larsen	Milaca	2007	17:17
Cody Hanson	Pine City	2010	17:20
Jared Clementson	Pine City	2002	17:26
Zach Swanson	Pine City	2008	17:28

Pine City Best:

Trevor McNally	Pine City	2006	17:15 1st
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“You can’t put a
limit
on anything.
The more you
dream,
the farther you
get.”

Michael Phelps

TOTAL MILES - 2011

1	Christian Miche'	242.4
2	Russ Westernen	242.1
3	Brenna Richardson	231.8
4	Sherry Rike	231.3
5	Tony Pitzen	228.2
6	Matthew Scott	227.6
7	Jordan Vaudrin	226.2
8	Abby Cummins	225.5
9	Allison Gusk	225.4
10	Paul Skalicky	223.9
11	Nolan Montague	219.5
12	Megan Miesner	213.5
13	Mitchell Ringness	207.6
14	Jordan Kotek	205.9
15	Jackie Westernen	201.2
16	Jonah Spahr	197.8
17	Jared Montague	192.2
18	Morgan Richardson	191.6
19	Joe Wolf	190.6
20	Anthony Olson	180.6
21	Kyle Peters	173.1
22	Danny Pitzen	169.8
23	Nolen Yehlik	166.8
24	Seth Thornton	164.6
25	Melissa Farrand	164.4
26	Eli Grubbs	162.5
27	Nick Stolp	152.5
28	Ryan Blake	142.8
29	Sam Saunders	142.8
30	Mike Connelly	151.7
31	Tiffany Schmidt	146.8
32	Indigo Isackson	139.8
33	Maddie Martin	128.3
34	Beau Hunter	115.9
35	Kim Whaley	71.3
36	Kaylyn Utecht	66.3
37	Italo DePaula	54.3
38	Greta Foster	43.9

"Love yourself,
for who and what
you are;
protect your dream
and
develop your talent
to the fullest extent."

Joan Benoit Samuelson

*"No matter what
the level of ability,
you have
more potential
than you can develop
in a lifetime."*

James T. McCay

1000/500 Best Times

	<u>1000 times</u>	<u>year</u>		<u>500 times</u>	<u>year</u>
Trevor McNally	3:00	2007	Cody Hanson	1:19	2010
Cody Hanson	3:02	2010	John Dedic	1:19	2010
John Dedic	3:03	2010	Tom Miche'	1:20	2005
Jared Clementson	3:03	2002	Clay Fischer	1:21	2005
Tom Miche'	3:03	2006	Tom Miche'	1:21	2004
Zach Swanson	3:04	2008	David Hambly	1:23	2006
Cody Hanson	(t) 3:05	2009	Trevor McNally	1:24	2006
Trevor McNally	3:06	2006	Clay Fischer	1:24	2007
David Hambly	3:07	2004	David Hambly	1:25	2005
Tom Miche'	3:07	2005	Josh Boland	1:25	2005
Tom Miche'	3:08	2005	David Hambly	1:25	2007
Trevor McNally	3:08	2005	Andrew Lutz	1:26	2005
Andrew Lutz	3:08	2007	Andrew Lutz	1:26	2006
David Hambly	3:11	2006	Cody Hanson	1:26	2009
Andrew Lutz	3:11	2006	Nick Bremer	1:26	2009
Cody Hanson	3:11	2009	Mitchell Ringness	1:26	2011
Chris Lutz	3:11	2002			
Sherry Rike	3:30	2011	Sherry Rike	1:32	2011
Megan Miesner	3:40	2010	Megan Miesner	1:34	2010
Abby Cummins	3:41	2011	Sherry Rike	1:36	2008
Sherry Rike	3:46	2010	Sherry Rike	1:38	2010
Sherry Rike	3:49	2009	Sherry Rike	1:38	2009
Jackie Gregoire	3:51	2005	Abby Cummins	1:39	2011
Emily Branzovsky	3:51	2007	Kendra Motyl	1:40	2008
Abby Cummins	3:52	2010	Jordan Kotek	1:41	2010
Morgan Richardson	3:52	2011	Abby Cummins	1:43	2010
Jackie Gregoire	3:55	2002	Morgan Richardson	1:43	2011
Meleia Johnson	3:55	2002	Meleia Johnson	1:44	2002
Jordan Kotek	3:55	2011	Jacke Gregoire	1:45	2002
Megan Miesner	3:56	2011	Brietta Clementson	1:45	2008
Brenna Richardson	3:56	2011	Megan Miesner	1:45	2008
Jenna Fore	3:57	2002	Jenna Fore	1:46	2002

GIRLS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loop -4.5	34:31	October 18, 1995	Amy Johnson
2. 580th Street - 4	32:52	September 23, 1998	Heidi Larsen
3. The loop x 3 - 3.3	21:15 (7:05 ave)	September 30, 2010	Megan Miesner
4. Cty Rd 110 west - 3	22:13	August 23, 2002	Jacki Gregoire
5. H.S. Loops - 4800 m	23:19	September 21, 2000	Miki Anderson
6. Connaker's loop - 2.7	20:38	October 6, 1997	Heidi Larsen
7. The loop x 2 - 2.2	15:28	September 4, 1998	Kim Connaker
8. Track - 3200 m	15:06	August 16, 1996	Becky Haavisto
9. 2 mile on mile loop	14:45 (7:22 ave)	August 25, 2005	Jacki Gregoire
10. G.C. loop - 1.1	6:36	September 29, 2011	Sherry Rike
11. Cty Rd 117 - 1	6:41	October 18, 1996	Bree Fischer
12. 1 x mile loop	6:36	October 3, 2010	Sherry Rike
13. 2000-1000-600 (track)	14:37	October 16, 2008	Sherry Rike
14. 2000-1000-500	13:56	October 20, 2011	Sherry Rike
15. Track - 8 x 400	11:32 (1:26.5 ave)	September 30, 1999	Meleia Johnson
16. 800,1000,1200,1400,1600	26:47	September 28, 1995	Amy Johnson
17. 2 x 1200	9:32 (4:46 ave)	October 21, 1996	Becky Haavisto
18. 1 x 2000	8:47	October 20, 1997	Becky Haavisto
19. 800, 600, 400	7:19	September 12, 1997	Becky Haavisto
20. 6 x 400	7:57 (1:19 ave)	August 14, 2003	Jenna Fore
21. 4 x 400	5:30 (1:23 ave)	October 5, 1995	Amy Johnson
22. 2 x 400, 2 x 800, 2 x 400	10:18	September 15, 1998	Jenelle Stahlke
23. 2 x 1 mi, 1 x 800, 2 x 400	20:45	August 21, 1995	Bree Fischer
24. Connaker's Loops - 1.6	11:02	August 25, 1999	Heidi Larsen
25. 3 x 500	5:11 (1:41 ave)	October 22, 2003	Jenna Fore
26. 4 x 500	6:46 (1:41 ave)	October 27, 2010	Megan Miesner
27. 5 x 500	9:11(1:50 ave)	October 22, 2001	Jacki Gregoire
28. 6 x 500	10:59 (1:50 ave)	September 12, 2000	Kim Connaker
29. 8 x 500	14:28 (1:49 ave)	September 23, 2005	Jacki Gregoire
30. 3 x 800	8:46 (2:55 ave)	September 23, 2011	Sherry Rike
31. 4 x 800	14:54 (3:44 ave)	September 21, 2005	Jacki Gregoire
32. 2 x 1000	7:59 (4:00 ave)	October 9, 2009	Sherry Rike
33. 3 x 1000	12:42 (4:14 ave)	August 24, 2010	Sherry Rike
34. 4 x 1000	14:59 (3:45 ave)	September 2, 2010	Megan Miesner
35. 5 x 1000	18:58 (3:48 ave)	September 13, 2009	Sherry Rike
36. 6 x 1000	24:15 (4:03 ave)	September 22, 20010	Abby Cummins
37. 7 x 1000	28:06 (4:01 ave)	September 17, 2003	Em Branzovsky
38. 8 x 1000	32:23 (4:03 ave)	September 18, 2002	Jacki Gregoire
39. 2x1000, 2x500, 2x1000	29:15	September 27, 2001	Jacki Gregoire
40. 1 x 1000, 4 x 500, 1 x 1000	15:51	October 7, 2002	Jacki Gregoire
41. 3 x 1000, 2 x 500	16:23	August 26, 2003	EmilyBranzovsky
42. Co 8 cut-across - 6.2	55:20	August 16, 2002	Meleia Johnson
43. 1 x mile loop, 2 x 1000	13:27	October 10, 2011	Sherry Rike
44. 1 x mile loop, 2 x 800	12:49	October 10, 2005	Jacki Gregoire
45. 1 x mile loop, 1 x 1000	10:35	October 25, 2004	Em Branzovsky
46. 2 mile on mile loop, 2 x 400	17:59	October 17, 2005	Jacki Gregoire
47. 2 mile on mile loop, 2 x 500	17:25	October 18, 2010	Megan Miesner
48. 1 x mile loop, 3 x 500	13:00	October 15, 2007	Kendra Motyl
49. 2 x 1000, 6 x 500	18:49	September 27, 2010	Megan Miesner
50. 2 x 1000, 2 x 500	10:32	October 11, 2011	Sherry Rike
51. 1 x mile loop, 1000, 500	12:26	October 25, 2010	Megan Miesner

BOYS' PRACTICE COURSE RECORDS

Course	Time	Date	Runner
1. Golf course loops -5.6	33:59	September 21, 2010	Cody Hanson
2. Golf Course loop - 4.5	26:56	September 14, 1998	Dan Pangerl
3. 580th Street - 4	25:56	September 23, 1998	Ryan Hammill
4. Connaker's loops - 3.8	23:00	August 20, 1997	J. R. Anderson
5. Connaker's loops - 3.5	20:56	August 25, 1998	Ryan Hammill
6. The loop x 3 - 3.3	17:13 (6:04 ave)	September 30, 2010	Cody Hanson
7. Cty Rd 110 west - 3	17:47	August 23, 2002	Chris Lutz
8. H.S. loops - 4800 m	19:43	October 21, 2000	Peter Johnson
9. Connaker's loop - 2.7	15:40	October 26, 1998	Ryan Hammill
10. 5 x 800	12:47 (2:33 ave)	September 21, 1999	Jeremy Lee
11. The loop x 2 - 2.2	11:32 (5:46 ave)	September 27, 2006	Trevor McNally
12. Track - 3200 m	10:47	August 16, 1996	J. R. Anderson
13. H.S. Loops - 3200 m	11:37	August 22, 1997	J. R. Anderson
14. G C loop - 1.1	5:24	September 27, 2008	Zach Swanson
15. Cty Rd 117 - 1	5:26	October 18, 1996	J. R. Anderson
16. 1 x mile loop	5:23	October 4, 2010	Cody Hanson
17. 2000-1000-600 (track)	11:29	September 29, 1998	J. R. Anderson
18. 2000-1000-500	11:11	October 19, 2006	Trevor McNally
19. Track - 8 x 400	9:04 (1:08 ave)	September 4, 1995	J. R. Anderson
20. 800, 1000, 1200, 1400, 1600	21:46	September 28, 1995	J. R. Anderson
21. 2 x 1200	7:27 (3:43 ave)	October 2, 1997	J. R. Anderson
22. 1 x 2000	6:50	October 20, 1997	Jason Larsen
23. 800, 600, 400	5:11	September 12, 1997	J. R. Anderson
24. 6 x 400	6:31 (1:05 ave)	August 14, 2003	Jared Clementson
25. 4 x 400	4:14 (1:03.5 Ave)	October 16, 1997	J. R. Anderson
26. 2 x 400, 2 x 800, 2 x 400	9:28	September 15, 1997	J. R. Anderson
27. 2 x 1 mi, 1 x 800, 2 x 400	15:45	August 21, 1995	J. R. Anderson
28. Connaker's loops - 1.6	8:52	October 25, 1999	Ryan Hammill
29. 3 x 500	4:07 (1:22 ave)	October 21, 2003	Jared Clementson
30. 4 x 500	5:24 (1:21ave)	November 2, 2010	Cody Hanson
31. 5 x 500	7:28 (1:29 ave)	October 22, 2001	David Hansen
32. 6 x 500	8:59 (1:29 ave)	September 11, 2001	Jared Clementson
33. 8 x 500	12:27 (1:31 ave)	October 5, 2000	Ryan Hammill
34. 3 x 800	8:14 (2:45 ave)	September 23, 2011	Mike Connelly
35. 4 x 800	11:28 (2:52 ave)	September 21, 2005	Tom Miche'
36. 6 x 200	3:01 (30.2 ave)	October 31, 2002	Chris Lutz
37. 2 x 1000	6:06 (3:03 ave)	August 17, 2006	Tom Miche'
38. 3 x 1000	9:25 (3:08 ave)	August 22, 2006	Tom Miche'
39. 4 x 1000	12:26 (3:06 ave)	September 2, 2010	Cody Hanson
40. 5 x 1000	16:34 (3:19 ave)	September 5, 2006 & 9/13/10	Trevor McNally & Cody Hanson
41. 6 x 1000	19:33 (3:15 ave)	September 22, 2010	Cody Hanson
42. 7 x 1000	23:28 (3:21 ave)	September 17, 2003	Jared Clementson
43. 8 x 1000	25:28 (3:11 ave)	September 23, 2003	Jared Clementson
44. 2x1000, 2x500, 2x1000	16:43	September 27, 2001	Jared Clementson
45. 3 x 1000, 2 x 500	12:56	August 26, 2003	Jared Clementson
46. Co 8 cut across - 6.2	38:45	September 29, 2010	Cody Hanson
47. 1 x mile loop, 2 x 1000	11:38	October 9, 2006	Trevor McNally
48. 1 x mile loop, 1 x 1000	8:14	October 30, 2006	Trevor McNally
49. 1 x mile loop, 2 x 800	10:04	October 10, 2005	Tom Miche'
50. 3 mile on mile loop	17:00 (5:40 ave)	August 24, 2006	Trevor McNally
51. 2 mile on mile loop, 2 x 400	13:41	October 17, 2005	Tom Miche'
52. 2 mile on mile loop, 2 x 500	13:52	October 18, 2010	Cody Hanson
53. 2 x 1000, 2 x 500	9:16	October 22, 2009	Cody Hanson
54. 1 x mile loop, 3 x 500	10:13	October 15, 2007	David Hambly
55. 2 x 1000, 6 x 500	15:01	September 27, 2010	Cody Hanson
56. Mailbox run - 5 mi	33:20 (6:40 ave)	November 3, 2010	Nick Bremer
57. 1 x mile loop, 1000, 500	9:59	November 1, 2010	Cody Hanson

**"We all have dreams.
But in order to make dreams
come into reality,
it takes an awful lot of
determination,
dedication,
self-discipline,
and effort."**

Jesse Owens

Pine City High School Cross Country 2011

Awards:

MOST VALUABLE RUNNER

Sherry Rike
15:44

Christian Miche'
18:35

PERSEVERANCE AWARD

Joe Wolf
22:19

ROOKIE OF THE YEAR

Beau Hunter
19:24

MOST IMPROVED RUNNER

Brenna Richardson
17:35

Mitchell Ringness
19:38

INTEGRITY AWARD

Abby Cummins
15:45

Russell Westernen
18:50

“GOLDEN GOOSE” AWARD (Sportsmanship and Encouragement)

Jordan Vaudrin
18:25

“PC” AWARD (Persistent and Courageous)

Megan Miesner
16:44

ALL-CONFERENCE:

Sherry Rike

Abby Cummins

Megan Miesner

Jordan Kotek

Christian Miche'

ALL-CONFERENCE HONORABLE MENTION

Brenna Richardson

Russ Westernen

Beau Hunter

ACADEMIC “SILVER” AWARD

Pine City Girls Cross Country Team

*"He who is not
courageous enough
to take risks
will accomplish
nothing
in life."*

Muhammad Ali

LETTER WINNERS:

Megan Miesner

Mitchell Ringness

Joe Wolf

Sherry Rike

Abby Cummins

Morgan Richardson

Christian Miche'

Mike Connelly

Jordan Vaudrin

Paul Skalicky

Russell Westernen

Nolan Montague

Jordan Kotek

Brenna Richardson

Jackie Westernen

Allison Gusk

Tony Pitzen

Matthew Scott

Beau Hunter

"I RUN BECAUSE
IT'S SO SYMBOLIC
OF LIFE.

YOU HAVE TO
DRIVE YOURSELF
TO OVERCOME THE
OBSTACLES.

YOU MIGHT FEEL THAT
YOU CAN'T.

BUT THEN YOU FIND
YOUR INNER STRENGTH,
AND REALIZE
YOU'RE CAPABLE
OF SO MUCH MORE
THAN YOU THOUGHT."

ARTHUR BLANK